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MAGAZINE

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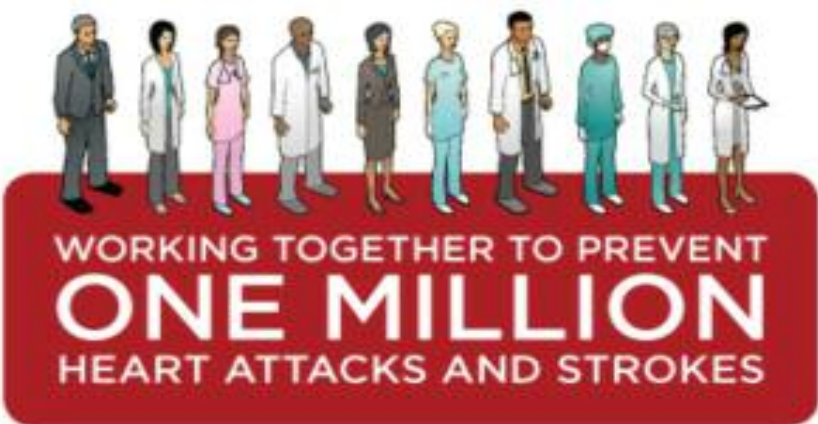
**The importance of social connection
Ten components at the core of wellness**

**Should you consolidate retirement accounts?
Reclaim independence through private duty care**

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1 Million Hearts®

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1 of every **3** deaths is caused by heart disease and stroke

Health care costs for heart attack and stroke:
\$312.6 BILLION

Leading cause of **PREVENTABLE DEATH** in people 40-65 years of age

2 MILLION+ heart attacks and strokes each year

To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

FOCUS ON THE ABCS

Aspirin when appropriate
Blood pressure control
Cholesterol management
Smoking cessation

USE HEALTH IT

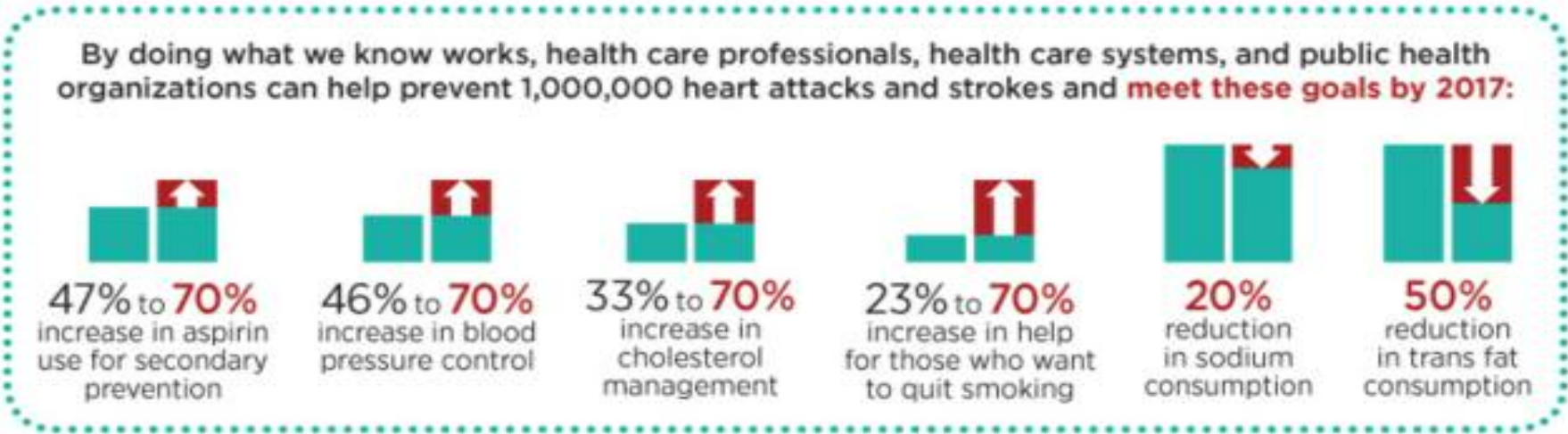
Use **electronic** health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.

USE TEAM-BASED CARE

Use clinical innovations, including:

- ♥ Use everyone who interacts with patients to the top of their skills and license
- ♥ Self-measured blood pressure monitoring with clinical support
- ♥ Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and **meet these goals by 2017:**





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ON THE COVER:

Our cover this month features the scientific study of nutrition. Read our article on page 16 to learn about how science and nutrition, along with personalized plans, can keep you healthier than ever. Check out what our experts have to say about about this and other health topics in this issue.



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FEBRUARY IS

American Heart Month

WELLNESS SMARTS AT A GLANCE

Partner with your doctor. Discuss your risks for heart disease and heart attack and what you can do to reduce them.

1 PROTECTING YOUR HEART

2 Aim for a healthy weight. Excess weight increases your chance of developing heart disease.

Don't smoke or use other tobacco products. Avoid secondhand smoke as well.

3

4 Have fatty fish—such as salmon or mackerel—at least twice a week for its heart-healthy omega 3 fatty acids.

5 Get active. Strengthen and condition your heart by exercising at least 30 minutes a day. Aerobic activities, such as brisk walking, bicycling, and swimming, are best for heart health.

Control your cholesterol, blood pressure, and blood sugar levels. Have recommended screenings on time.

6

Choose a heart-smart diet that's high in fiber and low in saturated fat, trans fats, cholesterol, and salt.

8

7 Handle stress in healthy ways. To calm yourself quickly, take several deep breaths.

If you drink alcohol, do so only in moderation.

9

Learn the warning signs of a heart attack and heart disease, and don't ignore them.

10



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CELEBRATING OVER 55 YEARS OF RECOVERY SERVICES

The importance of social connection

By Mikki Burcher, Mental Health First Aid Instructor
Valeo Behavioral Health Care

Love is in the air! While chocolates and roses are lovely tokens of affection for the most romantic day of the year, the best gift we can give ourselves and others is the gift of social connection.



Mikki Burcher

In 2023, the U.S Surgeon General issued an Advisory (a public statement reserved for significant public health challenges) entitled “Our Epidemic of Loneliness and Isolation,” presenting a lack of social connection as a public health issue that needs immediate attention in the United States.

According to the report, recent surveys have found that approximately half of U.S. adults report experiencing loneliness. Additionally, over 60% of U.S. adults indicated that they did not “feel very connected to others,” while only 16% said that they “felt very attached to their local community.”

These findings are troubling, but not new. Societal connectedness indicators have been trending downward for decades, and the impact of COVID-19 lockdowns and other safety measures has likely accelerated some of these declines.

Cross-disciplinary research has shown that humans are biologically wired for connection, and that we need social connections to maintain physical and mental health and wellbeing. Conversely, loneliness and isolation

are detrimental to both mental and physical health. A lack of connectedness is associated with an increased risk of disease, anxiety, depression, and even premature death. Conversely, individuals with stronger social ties reported lower rates of depression, anxiety, and stress, and higher levels of happiness and life satisfaction.

There are many factors that contribute to increased feelings of isolation and loneliness, including a decrease in social interactions and community involvement and an increased use of technology.

People are spending 12 more hours per month alone than they were 20 years ago, and 20 less hours per month socializing with friends. The number of people who say they have three or fewer close friends has almost doubled since 1990. Additionally, membership in clubs and organizations have steadily declined, as has volunteerism.

The use of technology can also affect feelings of connectedness on both ends of the spectrum. For example: social media platforms can be used to find or give social support, but it can also facilitate cyberbullying and harassment. According to the Surgeon General’s advisory, “existing evidence illustrates that we have reason to be concerned about the impact of some kinds of technology use” on connection.

Intentional connection is the key to combatting loneliness and isolation, however, it is not a one-time fix. Creating and sustaining connections is an ongoing process that requires time and patience. By prioritizing our connections and actively fostering healthy relationships,

we are actively working to improve our mental and physical health.

If you're struggling with social connection, here are some things you can try:

- **Reach out to loved ones.** Schedule phone calls, plan outings, or simply drop by for a chat.
- **Choose group activities.** Find groups with shared interests, join a sports team, or volunteer.
- **Seek professional help.** If social anxieties or isolation are hindering your ability to connect, consider seeking therapy or counseling.

Let's make connection a priority, not just for ourselves, but for the collective well-being of our community.

If you or a loved one are struggling with mental health challenges, professional help is available. Valeo’s Crisis Center, 400 SW Oakley Avenue in Topeka, is open 24 hours a day, 7 days a week for walk-in mental health emergencies. In case of a behavioral health crisis, contact 988 or the Valeo 24-Hour Crisis Line at 785-234-3300.

Valeo Behavioral Health Care (Adults)

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24 Hour Crisis Line
785-234-3300

National Suicide Prevention Life Line

1-800-273-8255

Shawnee County Suicide Prevention Coalition

SCSPC.org

Family Service & Guidance Center (18 and under)

325 SW Frazier
Topeka, KS 66606
24 Hour Crisis Number
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Time	time the symptoms started

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FINANCIAL FOCUS

Should you consolidate retirement accounts?

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including these:

- **Less confusion and clutter** – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.

- **Less likelihood of “lost accounts”** – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed.

It's possible that employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don't lose track of your hard-earned money.

- **Ability to follow a unified strategy** – With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain a unified financial strategy that's appropriate for your goals and risk tolerance. But once you've consolidated accounts with a single provider, you'll find it easier to manage your investment mix and to rebalance your portfolio as



needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren't as susceptible to swings in the financial markets.


- **Possible improvement in investment options** – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.

- **Greater ease in calculating RMDs** – Once you turn 73, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don't take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs — it will be much easier with

all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

—This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones. Member SIPC.



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The Power of Divine Energy

Often times when I speak about energy as a form of healing, some people can become dazed and confused. They do not understand what I mean. So, let's demystify it...shall we?

What is energy anyways? We all can relate to walking into the room where there is a good party, and everything feels upbeat and happy. That is energy. On another note, if you walk in the forest, or along the beach, you will feel the serenity of nature. On the contrary, the mountains by my home, once were battlegrounds. When I have walked those mountains, I felt the energy of those that fought and died. The energy felt angry and sad to me. If you have ever visited a place of suffering, such as the concentration camps in Auschwitz, you cannot deny the energy of death there either.

Energy cannot be created nor destroyed. It is only transformed.

The first week of January 2024, I took my long-awaited honeymoon. One of the places that my husband and I visited were the Crystal Caves at Cayman Island that was formed millions of years ago. Nature created the magic that exists within these walls. When my husband and I walked in, we could instantly feel the purity of God's creation – his energy. I felt his love in my heart instantly. When we were allowed into this sacred space, we were told not to touch anything and of course, there was no smoking, no littering. There is minimal man-made electricity. That means that most of the energy in the cave is coming from the earth's electromagnetic field itself, which is the Schumann resonance, a healing energy.

When we neutralize the negative energy around us, we make space for our spiritual ancestors, angel guides and God to communicate with us. While they are always present, it can be harder for them to connect with us because of all the interferences; like man-made chemicals that are part of our water and food supply, man-made electrosmog coming from appliances and devices, which result in negative emotions that breeds within us as a result of this exposure. Andrew and I started to take photos of our surroundings and of course we were surprised to see through the camera what we could not see with



the naked eye. When we create a sacred space within, meaning we clear our minds, environment, treat our bodies as a temple, it is easier to connect with our angels, spirit guides and God. Have you had this experience? The pictures we took at the cave show our spiritual guides surrounding my husband and me. (above)

Then, we see them again captured on the walls of the cave. (above right)

It is hard to deny their presence and the messages that they send us. Do you observe and connect with your surroundings to receive your divinely guided messages and feel the energy of their love? Do you need coaching on how to receive divine guidance from your spiritual guides and what to look for? Some of us, myself included, used to take these signals for granted and ignored them stunting my spiritual growth. Is it time to find your path to spiritual growth and learn how to shift and transform unwanted energy to divine energy? There is magic in the world, it is all yours to receive.

Bio:

Rev. Jodi Suson-Calhoun, MBA, Organizational Behavior, Human Behaviorist, Nutritionist, NLP, Amen Clinics Brain Health Professional, Master of Divine Intervention Spontaneous Remission, Quantum Energy Healer, Aro-



matherapist, Reiki Master, Medical Intuitive, Podcast Host Self-Cell Care™

Jodi uses a multi-modal method to self-healing. Her approach stems from her personal health journey and working with Chiropractors, and practitioners of Functional Medicine, Traditional Chinese Medicine, Masters of Divine Interventionist Spontaneous Remission, and other holistic practitioners. She reversed 29 chronic conditions, lost 92 pounds by shifting her mindset, removing, and neutralizing the toxicity from her life, replacing it with nutrient dense foods, filtered water, energy-healing practices, and essentials oils. Her ability to receive source energy is magnified by treating her body as a temple. The real gift is that through extensive peer-reviewed research, Jodi found the solutions that are both the most effective and the most affordable. She can be reached at Jodi@SusonEssentials.com 847-738-0242

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Reclaim Your Loved One's Independence Through Private Duty Care

It is a bittersweet feeling to remember the days when a loved one was a little younger, free of illness, and able to actively take good care of themselves. Lately, however, your loved one seems to need more and more care and attention to get by in daily life because of their healthcare needs. That's difficult to witness. There are far too many aspects of living at home that they aren't able to do for themselves, including transportation, cooking, and keeping up with housework.

Your loved one's comfort and care matter to you. You want to ensure that all their needs are met when they've decided to remain in their own home, rather than transitioning to a higher level of care. But now you're discovering that there's another layer to your loved one's care that needs to be addressed: their quality of life and independence.

Independence at this phase of your loved one's life means relying on help where and when it's needed. However, not all family caregivers are able to take care of their loved ones full time. They may need more support because of other responsibilities. In fact, even full-time family caregivers require breaks from caregiving to meet their own needs.

To help all family caregivers, Phoenix Home Care & Hospice offers private duty care, whether we can help for a few hours a day or 24/7. Our private duty caregivers are available to ensure your loved one remains healthy, safe, and comfortable at home by delivering caregiving services that matter just as much as healthcare.

What Private Duty Caregivers Provide for Your Loved One

If your loved one's health has prevented them from performing tasks of daily living in their home, their sense of independence and quality of life may have declined. It can be challenging to go from feeling capable to requiring help with tasks like meal planning and bathing.

Private duty care offers key services that provide support, while also empowering your loved one to remain as independent as they are able to be.

Private duty caregivers provide help with key tasks, including:

- Meal planning.
- Cooking.



- Grooming and personal hygiene assistance.
- Companionship and conversation.
- Social opportunities and outings.
- Transportation as needed.
- Help with pets.
- And much more.

With the help of Phoenix Home Care & Hospice private duty care services, your loved one will experience a sense of dignity and feel proud of their capabilities, while also getting necessary help to keep them safe and healthy.

What Private Duty Caregivers Provide for Family Caregivers

Some family caregivers are able to take care of their loved one's needs every day and night without question. Other family caregivers need help delivering care to a loved one during certain hours of the day because of their work schedules or other responsibilities. There are also family members who wish they could help, but require a private duty caregiver every day for their loved one's day-to-day living.

Private duty care includes respite care, which provides short-term relief for family caregivers. In this case, a family caregiver can hire Phoenix caregivers for a predetermined amount of time. This helps the family caregiver take time for themselves to decrease likelihood or speed of burnout.

Private duty caregivers near you from Phoenix are flexible to ensure we can meet the needs of many families. Our team is here to take away your stress and concern about your loved one's care at home.

Partner with Phoenix for Your Loved One's Care Journey

It's not always possible to provide for your loved one around the clock, by yourself. The level of care they need is a significant challenge, especially if you have many other obligations and responsibilities, including your own family at home to take care of.

Phoenix Home Care & Hospice's private duty caregivers develop a trusting, compassionate, respectful relationship with your loved one. Our goal is to ensure your loved one feels engaged and cared for, so that living at home with an illness isn't a burden. Whether you require a private duty caregiver near you for a few hours a day, 24/7 care, or short-term respite care, our caregivers deliver the very best one-on-one care.

Allow Phoenix to be the caregiver, so you can focus on playing a role as a loving family member. Contact Phoenix Home Care & Hospice today to schedule a consultation about private duty care and find out how Phoenix can improve your loved one's quality of life.



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Caloric Density Can be Your Friend!

Perhaps you watched the classic movie, *Forks over Knives*, or the more recent one, *The Game Changers* and wondered what a plant-based diet might do for you? Or, maybe your cholesterol, blood pressure or fasting glucose are higher than you'd like...and you don't want to end up on medication...or even something worse? Or, maybe you noticed the rising rates of heart issues in young adults and the concurrent increase in (non-covid) all-cause mortality in working age adults – and wonder if those might have anything to do with the popularity of the various meat-increasing diets?



JoAnn Farb

We've known for a long time, that one of the most important things we can do to slow down aging and prevent or even reverse many chronic conditions and extend both one's life span AND one's "health-span" is to eat fewer calories. However, this only works if one is still getting sufficient nutrients. By "nutrients" we are not just referring to vitamins, minerals and protein, but also to the multiple types of fiber and thousands of different phytochemicals that are only found in whole plant foods. These phytochemicals (or "plant" chemicals) with names like beta carotene, thiocyanate, lignin, chlorophyll and resveratrol (to name just a few of the thousands so far identified) serve roles as anti-oxidants and are key players in critical cellular processes that fight cancer, boost immunity, increase longevity, repair damaged tissues and protect us from environmental toxins.

However, taking them as supplements, rather than getting them from whole plant foods is not the same. When eating whole plants, we get thousands of these different phytochemicals together in every bite. Previous research has suggested that consuming them in this way – as part of a whole symphony of phytochemicals is what facilitates all those benefits I just described. However, studies have also suggested that taking them as purified extracts of a single phytochemical. (ie beta-carotene *supplements*) can actually do the exact opposite. In a major landmark study where they gave beta-carotene supplements to smokers, it had to be stopped early, as cases of newly diagnosed cancers in those taking the supplement skyrocketed. In contrast, research clearly demonstrates that those with the highest levels of beta carotene in their blood (indicative of eating a *diet rich in whole plant foods*) had the lowest rates of cancer.

Unfortunately, "eating less," (as a strategy to consume fewer calories) can be one of the hardest things to actually

do! That's where using the concept of "caloric density" can literally save your life. Shifting one's diet in the direction of whole food plant foods, allows you to decrease the caloric density of what you eat, there by eating fewer calories, without having to count calories, weigh portions or eat less food.

Eating whole, unprocessed plant foods, without added oils, or sugars, can not only be delicious and incredibly satisfying, it allows you to eat to satisfy your appetite, *without counting calories* and still lose weight. Does that sound too good to be true? Here's why it works. One of the things that drives our appetite is the volume of food in our stomach, which has stretch receptors that communicate signals of hunger and satiety to our brain. To understand this concept, look at how many calories are in one pound of the following:

Caloric Density of Select Foods	
One Pound of:	Calories
Raw Spinach	104
Apples	237
Cooked Sweet Potatoes	390
Cooked Kidney Beans	540
Cooked Lean Beef	781
Cheese	1831
Olive Oil	4000

You could eat a pound of sweet potatoes, plus a pound of spinach and half a pound of beans – a HUGE volume of food that will make you feel very full, for the number of calories in a single pound of beef. Even better – the 2.5 pounds of plants come packed with artery-healing, blood sugar-lowering, cancer-preventing phytochemicals, that over time may make the difference between living independently or needing full-time care by the age of 80 (if one even makes it to 80.)

Here is yet another way to illustrate this concept. Just simply compare the nutrients in 100 calories of spinach with 100 calories of steak:

Comparison of Select Nutrients in Spinach and Steak		
	100 Calories Spinach	100 Calories Steak
Protein:	13 g	11 g
Fiber:	10 g	0 g
Phytochemicals:	Thousands	None

Want to try a really simple experiment to begin to appreciate the power of plants? Here is a very easy way to start. For the next 30 days commit to just adding this one simple thing to your diet. You won't even need to deliberately stop eating anything you currently eat. Just start every single meal with a leafy green salad before you eat anything else. But – there is this one requirement you must follow for this to work. Your salad cannot use any packaged salad dressing, nor can you use any oil or sugar. It must not have any meat, dairy or eggs added to it either. You must use only a whole-food plant based, home-made salad dressing. Here is one of my favorite recipes:

Oil-Free Goddess Dressing

Ingredients:

- ¼ cup sesame tahini
- ½ cup plus 2 TBS water
- 1 small clove garlic
- 1 TBS lemon juice
- 1 TBS apple cider vinegar
- 2 tsp onion powder
- ½ tsp salt

Directions: Place all ingredients into a blender and blend on high until smooth. Serve over a bed of lettuce topped with some canned beans. It's especially tasty with some cooked beets too. This dressing will thicken up after it sits. It will keep well in the refrigerator for about a week.

One of the benefits of doing this, is that by eating at least a full *packed* cup of RAW chopped romaine, spinach, arugula, bok choy, kale, collard, leaf lettuce, mizuna – or virtually any raw leafy green, is that it will reduce the blood sugar spike that typically follows when you eat whatever it is that you normally eat. Another benefit of adding all these greens to your diet is that it will begin to improve your microbiome. Just two weeks of doing this, will favor the growth of gut microbes that down-regulate inflammation in your body, and begin to crowd out microbes that contribute to chronic inflammation.

Be sure to check this space next month, when I will explain how adding one more food to your daily diet can provide even more benefits!

JoAnn Farb is a former microbiologist with a global pharmaceutical company and the author of Compassionate Souls – Raising the Next Generation to Change the World, and Get off Gluten. She speaks nationally and lives in Lawrence where she teaches about the benefits of the Whole-Food Plant-Based Lifestyle. She can be reached through her website at www.JoAnnFarb.com.

7 Tips On How To Stop Constant Worrying

Do you find yourself worrying about everything that is going on around you?

It can be very tiring and depressing to constantly worry about your family, your job, your health, and everything else that is happening. Having things out of your control is very scary.

As a result of constant worry, your health in general will suffer. Here are 7 tips on how to overcome the cycle of worry and fear in your life.

1. Focus on the facts of your situation: not your thoughts: When people are stressed out, they rely on their fearful and depressing thoughts. Your fearful thoughts are exaggerated and are not based on reality. When you are anxious, focus on the facts of your current situation and not on what you think.

2. You can't predict the future: Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen, there are circumstances and factors that you can't predict which can be used to your advantage.

For example, you miss the deadline for a project you have been working on. Everything you feared is coming true. Suddenly, your boss tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

3. Take a break: Take a deep breath and try to find something to do to get your mind off of your anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer, or do an activity that will give them a fresh



perspective on things. This will distract you from your current worries.

4. Take it one day at a time: Instead of worrying about how you will get through the rest of the week or month, focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems.

5. Learn how to manage your thoughts: Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

6. Things change over time: Regardless of your circumstances, your current situation will not stay the same. Everything changes over time. Knowing that your situation will improve will help give you the confidence that things will get better.

7. Get some help: Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counselor, or clergyman can give you additional advice and insights on how to deal with the fear of the unknown.

Remember that there is nothing wrong in asking for assistance.

—Stan Popovich

Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health. For more information, please visit Stan's website at <http://www.managingfear.com>

Improving Your Posture for a Healthier You

Do you ever find yourself slouching at the computer or standing in an awkward position for long periods of time? If so, it's time to start improving your posture. Not only will having good posture help you look and feel better, but it can also help reduce stress and improve your overall health. Topeka Health & Wellness Magazine shares some tips on how to get started.

Improve Your Sleep Habits

As Coastal Orthopedics notes, having good sleep habits is essential for maintaining proper posture. Make sure that you are getting enough restful sleep each night and that your mattress is firm enough to provide adequate support for your back. Investing in a firmer mattress can make a big difference in how well you sleep and how well you maintain proper posture during the day.

Exercise to Build Back Muscle Strength

Strengthening your back muscles is key to improving your posture. Regular exercise such as martial arts, walking, running, swimming, yoga, stretching, and weight training can all help build back muscle strength which will help keep your spine aligned and improve your overall posture.

Switch to Ergonomic Office Furniture

If you spend a lot of time sitting at a desk or working on the computer, then investing in ergonomic office furniture can be beneficial for improving your posture. Ergonomic chairs are designed specifically with comfort and support in mind which helps reduce strain on the neck and back. Additionally, adjustable desks allow users to easily switch between sitting and standing positions throughout the day which helps prevent fatigue caused by long hours spent sitting in one spot.



Take Steps to Organize Your Office to Reduce Stress

Organizing your office space can help reduce stress and make it easier to stay focused throughout the day. Investing in organizational tools such as shelves, filing cabinets, and desktop organizers, can help keep clutter at bay. Additionally, taking breaks throughout the day can also help reduce stress levels which will lead to improved posture over time as well.

Practice Yoga and Stretching

Enhance your well-being and promote relaxation with yoga. Practicing regular stretching exercises can help you increase flexibility for improved posture, whether sitting or standing. What's more, incorporating these calming poses into your day-to-day life could even relieve pressure from stressful posture habits over time. When you add meditation to your yoga routine, you can also relieve stress.

Schedule Chiropractor Visits

Visiting a chiropractor regularly is another great way to improve posture over time. They specialize in treating spinal issues related to poor pos-

tural habits such as slouching or hunching over when seated or standing for long periods of time. Chiropractors can help realign the spine and provide advice on how to maintain good posture long-term.

Cut Back on Caffeine

Improving your posture isn't just about physical adjustments; it also involves being mindful of what we consume, such as caffeine. While a moderate amount of caffeine can be a helpful pick-me-up, excessive intake can have unintended consequences for your posture. Caffeine is a stimulant that can heighten feelings of anxiety and nervousness, leading to increased

muscle tension. This tension can prevent you from maintaining a relaxed, natural posture, as your body is more inclined to stiffen up, potentially leading to discomfort and strain, especially in the neck and shoulders.

To manage this, consider cutting back on caffeine and be aware of the caffeine content in your favorite coffee drinks. Many coffee shops and brands provide this information online, making it easier for you to make informed choices about your caffeine consumption. By doing so, you can help reduce anxiety-induced tension in your body, contributing positively to your overall posture and comfort.

All in all, making the effort to improve your posture can have a huge impact on your overall health. Taking steps such as investing in a supportive office chair, studying martial arts, and visiting the chiropractor, and maintaining your records can help you maintain good posture over time. So make the effort to improve your posture today and see the positive impact it can have on your overall health.

— Sheila Johnson / wellsheila.net

Lifesaving Tech Prevents Sudden Cardiac Arrest



(Ivanhoe Newswire) —

This year, more than 356,000 people in the U.S. will experience a cardiac arrest – their heart will just stop. It's caused by arrhythmias that prevent the heart from pumping blood.

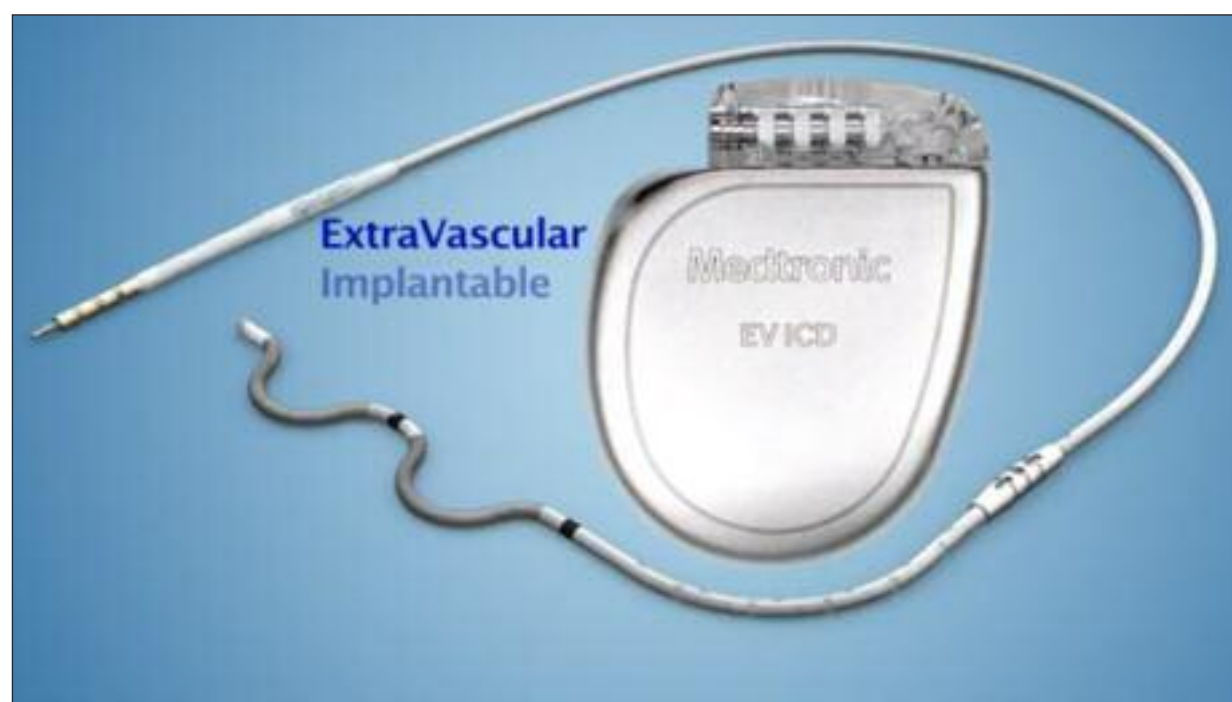
Nearly 90 percent of them are fatal. Thousands of people will have a pacemaker or a defibrillator implanted to shock their heart back into action, but both come with complications. Now, new technology may prove to be a life saver for people who suffer a cardiac arrest.

Eighty-four-year-old Joseph “Joe” Mulligan lives and breathes for the Fighting Irish! As a 1959 alum, Joe gives tours of the campus, sings in the choir, and of course, never misses a game. In fact, it was 10 years ago when something terrible happened.

“The weekend of the Notre Dame/Navy game, and I got up that morning and felt terrible,” Joe recalls.

That was the first sign of his first cardiac arrest. Five years later, it happened again.

“When the heart stops pumping blood, there's no blood going to the brain. And within about five to 10 seconds, the patient



will collapse,” explains Electrophysiologist at Northwestern Medicine’s Bluhm Cardiovascular Institute, Bradley Knight, MD.

Traditionally, Joe would be given an implantable cardioverter defibrillator, or ICD — it uses thin wires, or leads, that are placed directly into the heart to deliver electric currents if his heart stops again.

Dr. Knight further explains, “They’re electrical cables surrounded by insulation. And over time, these leads have the potential to break or to fail.”

But Dr. Knight instead used a first of its kind extravascular implantable cardioverter defibrillator, or EV ICD. The difference: it doesn’t place wires directly into the heart.

“A major advantage of that approach is that the lead is now under the bone, now on top of the bone. The energy it takes to shock the heart is significantly lower,” Dr. Knight says.

A worldwide clinical trial found the EV ICD was 98 percent effective. Ninety-two percent of patients experienced no major complica-

tions. The new ICD lasts up to 11 years, compared to eight years for the traditional one, using less electricity, with less risk of blockage of veins and blood infections.

“Most patients who receive an appropriate shock for a cardiac arrest is lifesaving. They would not have survived that event without an implantable defibrillator,” Dr. Knight adds.

Using cellular data or wi-fi, the EV ICD also tracks if the device is ever used. Last year, Joe didn’t even realize it, but his heart stopped again. The EV ICD shocked his heart back into motion and alerted his doctor.

“So far, it’s saved my life once,” Joe says with relief.

And now, Joe is looking forward to many more games – celebrating his team and his life.

The EV ICD is not yet FDA-approved. Medtronic has received approval for a continue access study and hope to make it available to all patients who need an implantable defibrillator within the next few months.

MAP vehicle serves homeless in Topeka

The Mobile Access Partnership (MAP) is a collaboration of Valeo Behavioral Health Care, Topeka Rescue Mission, Stormont Vail and Topeka Police Department. These state-of-the-art mobile facilities provide services and restrooms to the unsheltered and other individuals in need.

- Services offered include:
- Hot Showers & Clean Clothes
 - Food and Drinks
 - Mental Health Assessments
 - Primary Care Services
 - Lifeline Cell Phones
 - Covid testing
 - City ID's



SCHEDULE Tuesday & Thursday



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PARTNERSHIP
Topeka Rescue Mission's
homeless hotline:
785-230-8237

TRM
Clothing, Hot breakfast and lunch,
Hygiene items

VALEO
Showers, COVID testing, Mental
Health Screenings, City ID
applications,

STORMONT
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Chronic care follow-up, Routine lab
work, Blood pressure & Diabetes
checks, Immunizations **Please call
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Appointment. Bi-lingual staff
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SCHD
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and Flu shots

KDHE
Voluntary blood draws for
Hepatitis A, Hepatitis C, STI Panels,
and HIV
as well as rapid Syphilis tests,
Added Pneumovax, Tetanus,
Shingles and Flu shots.

Feb. 1 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD

Feb. 6 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD, SDC

Feb. 8 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD, SDC/KSU

Feb. 13 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD

Feb. 15 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD, KDHE

Feb. 20 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones
Stormont-Vail, SCHD

Feb. 22 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones,
Stormont-Vail, SCHD, SDC/KSU

Feb. 27 • 9:00-2:00
Salvation Army
1320 SE 6th
Valeo, TRM, Free LifeLine Phones
Stormont-Vail, SCHD

Feb. 29 • 9:00-2:00
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Questions about MAP?
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Director of MAP Operations
at jfalk@trmonline.com



Clean Genes: Understanding the Intersection of Science and Nutrition

In the quest for health and wellness, the role of nutrition cannot be overstated. The type of food we consume plays a pivotal role in not only our physical well-being but also our longevity. Recent scientific research has shed light on the intricate connection between



Rebecca Wharton

our diet and gene expression, uncovering how certain nutrients can activate or suppress specific genes in our bodies. This article explores the science behind food and its ability to unlock the power of gene function through nutrition. From understanding the impact of organic and healthy food choices to deciphering the role of nutrients in gene expression, we delve into the fascinating world of personalized nutrition and its potential to revolutionize our wellbeing. Join us on this journey of exploration and discovery as we unlock the secrets of how food can shape our genes and influence our health.

The Basics: How Genes Work with Nutrition

Understanding the basics of how genes work with nutrition is fundamental to comprehending the science behind the power of gene function through nutrition. Our **genes** are responsible for carrying the instructions that determine the characteristics and functions of our bodies. They play a vital role in various biological processes, including metabolism, immunity, and cellular growth.

Nutrition, on the other hand, refers to the intake of dietary substances that provide our bodies with essential nutrients. These nutrients are crucial for the proper functioning of our bodies and help support overall health.

Research has shown that certain nutrients can directly interact with our genes and influence their expression. This interaction occurs through a process known as epigenetics, where external factors, such as our diet, can modify the way our genes are expressed without altering their actual structure.

The next section will delve into the fascinating world of epigenetics and how nutrition can play a role in shaping our gene expression. Stay tuned as we explore the intricate mechanisms that allow food to have a profound impact on our genes.

Nutrigenomics: Uncovering the Link Between Diet and Gene Expression

Nutrigenomics is a fascinating field of study that focuses on the relationship between diet and gene expression. It delves into how the nutrients we consume can directly influence the activity of our genes, leading to changes in



gene expression. This emerging science allows us to understand how our diet has the power to either promote or hinder optimal gene function.

Researchers have identified certain bioactive compounds in food that can modulate gene expression. These compounds, known as nutrigenes, can turn genes on or off and can have a profound impact on our health. For example, studies have shown that certain foods, like blueberries, contain compounds that can activate genes responsible for antioxidant production, helping to protect our cells from oxidative stress.

Understanding the science behind nutrigenomics provides us with the knowledge needed to make informed dietary choices. By incorporating specific foods into our diet, we can optimize our gene expression and potentially reduce the risk of chronic diseases. In the next section, we will explore some of the key findings in nutrigenomics research and highlight how nutrition can be used as a powerful tool to unlock the full potential of our genes.

The Role of Nutrients: Exploring the Impact of Vitamins, Minerals, and Macronutrients on Gene Function

In the world of nutrigenomics, the role of nutrients in shaping gene function cannot be overstated. Vitamins, minerals, and macronutrients all play a crucial role in influencing the expression of our genes.

Vitamins are organic compounds that serve as essential cofactors for enzymes involved in gene regulation. For example, *vitamin A* is known to activate genes involved in vision, while *vitamin D* has been shown to regulate genes involved in immune function. By ensuring an adequate intake of vitamins through our diet, we can support optimal gene expression and promote overall health.

Minerals also contribute to gene regulation. *Zinc*, for instance, is necessary for the activation of over 300 enzymes involved in gene expression. Similarly, *selenium* plays a key role in the production of antioxidant enzymes that protect our cells from damage.

Macronutrients, such as carbohydrates, proteins, and fats, also have an impact on gene function. Studies have shown that the composition of our diet, particularly the ratio of macronutrients, can influence gene expression and metabolism. For instance, a high-carbohydrate diet can upregulate genes involved in insulin production and glucose metabolism, potentially contributing to the development of metabolic disorders.

Understanding how specific nutrients influence gene expression allows us to tailor our dietary choices to optimize gene function. By incorporating a balanced mix of vitamins, minerals, and macronutrients into our meals, we can provide our genes with the building blocks they need to function at their best.

In the next section, we will delve deeper into the intricate relationship between nutrients and gene function. We will explore how different dietary components can interact with our genes and discuss strategies for harnessing the power of nutrition to unlock the full potential of our genetic makeup. Stay tuned to learn more about the science behind food and its impact on gene expression.

The Power of Phytochemicals: Harnessing the Potential of Plant Compounds in Gene Regulation

The impact of nutrients on gene function goes beyond vitamins, minerals, and macronutrients – phytochemicals, found in plants, also play a significant role. **Phytochemicals** are bioactive compounds that give fruits,



vegetables, herbs, and spices their vibrant colors and distinct flavors. These compounds have various health benefits, like influencing gene expression. For example, *resveratrol*, found in grapes and red

wine, activates genes associated with longevity and anti-aging. *Sulforaphane*, found in cruciferous vegetables like broccoli, can regulate genes involved in detoxification and antioxidant defense.

Research suggests that phytochemicals act on our genes through mechanisms such as DNA methylation, histone modification, and activation of specific signaling pathways. By consuming a variety of plant-based foods, we can unlock the potential of these compounds and their ability to support optimal gene function.

In the upcoming section, we will explore how specific phytochemicals interact with our genes and discuss the potential health benefits they offer. Stay tuned to learn more about the fascinating science behind the power of phytochemicals in gene regulation.

Epigenetics: How Environmental Factors Influence Gene Expression

Epigenetics is the study of how environmental factors can influence gene expression without changing the underlying DNA sequence. It is a fascinating field of study that has shed light on the potential impact of nutrition on our genes.

Phytochemicals, as mentioned in the previous section, can affect gene expression through mechanisms such as DNA methylation and histone modification. These processes can turn genes on or off, effectively altering their activity.

Environmental factors, like nutrition, influence epigenetic modifications. For instance, studies have shown that certain nutrients, like *folate* and *B vitamins*, are involved in DNA methylation. This suggests that our dietary choices play a role in determining how our genes are expressed.

Understanding the relationship between nutrition and epigenetics is significant because it highlights the power that food has to influence our health and well-being at a genetic level. By harnessing this knowledge, we can make informed choices about our diet to support optimal gene function and potentially reduce the risk of certain diseases.

In the next section, we will dive deeper into the specific nutrients and dietary patterns that have been shown to have epigenetic effects. We will explore how these factors can potentially modulate gene expression and improve our overall health. Keep reading to unravel the intricacies of the science behind food and gene function.

Personalized Nutrition: Tailoring Diets Based on Genetic Variations

Nutrition has a profound impact on gene expression, however, the effects of specific nutrients and dietary pat-



terns can vary from person to person due to our unique genetic makeup. This is where the concept of **personalized nutrition** comes into play.

Advancements in genetic testing have allowed scientists to identify certain genetic variations that influence how individuals respond to different foods and nutrients. By understanding these variations, it is possible to tailor diets to better meet each person's specific nutritional needs.

One example of personalized nutrition is the field of nutrigenomics, which examines the interaction between genes and nutrients. By analyzing an individual's genetic profile, researchers can determine if they have a higher risk for certain nutrient deficiencies or intolerances. This information can then be used to create personalized dietary recommendations.

In the next section, we will explore the emerging field of nutrigenomics and how it is revolutionizing the way we approach nutrition. We will dive into the specific genetic variations that can affect our dietary requirements and discuss how personalized nutrition can optimize our health. Stay tuned to unlock the power of tailored diets based on genetic variations.

The Future of Food: Emerging Research and Technologies in Nutrigenomics

In the world of nutrition, research is constantly advancing, and new technologies are being developed to further unlock the power of gene function through nutrition. One such field that holds promise is nutrigenomics, which explores the interaction between genes and nutrients and allows scientists to delve deeper into the specific genetic variations that influence our individual dietary requirements. By understanding these variations, researchers can develop personalized dietary recommendations that optimize our health and well-being.

Emerging research in nutrigenomics is shedding light on the potential benefits of tailoring our diets based on our genetic makeup. For example, certain genetic variations can affect our ability to metabolize specific nutrients, such as carbohydrates or fats. By identifying these variations, we can adjust our diets

to better support optimal nutrient utilization.

Technological advancements are also playing a key role in the future of personalized nutrition. From advanced genetic testing to sophisticated data analysis tools, these innovations are making it easier than ever to uncover and utilize valuable information about our individual genetic profiles.

In the next section, we will delve deeper into the emerging research and technologies in nutrigenomics. We will explore the latest discoveries and discuss how these advancements are shaping the way we approach food and nutrition. So, stay tuned to discover the exciting future of personalized nutrition through nutrigenomics.

Conclusion: Embracing the Science of Food for Optimal Health and Wellness

In conclusion, the science of food and the field of nutrigenomics are revolutionizing the way we approach nutrition and our overall health. Through understanding the genetic variations that influence our individual dietary requirements, researchers are able to develop personalized dietary recommendations that optimize our well-being.

The emerging research and technologies in nutrigenomics are shedding light on the potential benefits of tailoring our diets based on our genetic makeup. By identifying specific genetic variations, we can make informed decisions about our nutrient intake and adjust our diets to support optimal nutrient utilization.

Furthermore, advancements in genetic testing and data analysis tools are making personalized nutrition more accessible than ever before. These technologies allow us to uncover valuable information about our individual genetic profiles, enabling us to make more informed choices about what we eat.

By embracing the science of food and incorporating personalized nutrition into our lives, we have the power to take control of our health and wellness. So, let's continue to explore the exciting future of personalized nutrition through nutrigenomics and unlock the full potential of gene function through our diets.

—Rebecca Wharton, RN, MSNPH, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at thefunctionalnursecoach@gmail.com or 913-298-1092. For more information, visit www.thefunctionalnursecoach.com.



The Functional Nurse Coach

10 Symptoms of Magnesium Deficiency Runners Should Know

By Monique Lebrun | Runners World

Magnesium is an electrolyte that has been praised for everything from better sleep to boosted athletic performance. This might make you wonder if you're consuming enough of it, especially considering you lose electrolytes through sweat.

As a runner, you want to consume enough magnesium so your body can make protein, conduct muscle and nerve functions, regulate blood sugar and blood pressure levels, and produce energy. Magnesium may also support your circadian rhythm a.k.a. your sleep and wake pattern.

"After puberty, we're done growing, but even up until age 30, female athletes in particular, are still developing their peak bone mass density," says Kate Patton, registered dietitian for the Cleveland Clinic's Digestive Disease and Surgery Institute. Along with vitamin D and calcium, your body needs magnesium to build strong bones, so if you're low in any of these nutrients you could be at higher risk for stress fractures, or aches and pains like shin splints, she adds. The body also needs this electrolyte to help with the activation of vitamin D, a key nutrient needed for bone health.

Unfortunately, "[some] athletes actually have very low magnesium levels, despite supplementation," says Michael Yang, M.D., a sports medicine physician at Jefferson Health. College athletes and elite-level runners in

particular are more likely to have lower levels of magnesium—as opposed to the typical recreational runner—because they tend to exercise more and drink more fluids, so they're filtering more magnesium through the kidneys, Yang explains.

To find out if you need more magnesium, doctors can test your levels with a blood or urine sample at your request. But you can also keep an eye out for these symptoms of magnesium deficiency, and pay attention to your intake with the strategies below.

What are the symptoms of magnesium deficiency?

While a magnesium deficiency often doesn't show clear signs, you may experience the following according to Patton and Yang:

Early symptoms:

- Fatigue or low energy
- Nausea
- Loss of appetite, which can lead to vomiting
- Slower recovery time

More serious symptoms:

- Muscle spasms
- Numbness
- Decreased immune system function
 - Heart arrhythmia
 - Other heart issues like plaque formation in heart blood vessels, which can lead to a heart attack
 - Low blood pressure

How much magnesium do you need?

The recommended daily allowance of magnesium for adults assigned male at birth ages 19 to 50 is 400 to 420 milligrams and for adults assigned female at birth is 310 to 320 milligrams, according to the National Institutes of Health (NIH). For adults over age 51, experts recommend consuming the maximum recommended amounts of magnesium because as you get older, your body's ability to absorb the nutrient decreases, and we tend to excrete more of it, says Patton.

Who should be most concerned about magnesium levels?

Low magnesium levels can be of concern



for older adults; those who have gastrointestinal disorders, such as Crohn's disease or celiac disease; type 2 diabetes; and alcoholism, according to NIH.

Also, older runners with kidney disease may be at risk, says Yang. For these populations, it's best to consult with your primary care physician about the best way to address your magnesium needs, as everyone is different and there isn't a one-size-fits-all solution.

Should you consider taking a magnesium supplement?

Whole foods are the best sources of magnesium, so if you have a good balanced diet that consists of fruits, vegetables, whole grains, seeds, and a variety of protein, or you take a multivitamin with minerals including magnesium, then you don't have to worry about supplementation, says Patton.

The supplement comes in a variety of different forms. Though magnesium citrate is the most common form, it tends to have a laxative effect; magnesium glycinate is an alternative that's commonly used to improve sleep and is easier on the digestive tract, Patton explains.

If you've been diagnosed with magnesium deficiency and are interested in supplementation, Patton recommends selecting a product that's been certified by the National Sanitation Foundation (NSF), an independent third-party program that tests supplements, cosmetics, and personal care products for the health and safety of consumers.

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Spiritual Wellness

...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God...

What's At The CORE Of Wellness: Ten Components

Core strength is what you build by exercising your back and stomach muscles. It's what's needed to have good stability and do the many physical activities of life. But beyond "core strength" what's really at the core of wellness?

For those looking for a well-rounded beginning to their wellness journey, *Well to the Core*, by Robin Long, Founder of Lindywell, presents a solid exploration into, "Ten core components of an effective and realistic approach to healthy and balanced living."

The hardbound book I reviewed is well written and beautifully illustrated. The content is engaging, insightful and encouraging, especially for the woman who wants, "a grace-over-guilt mindset to release shame and develop helpful habits in every season of life."

Robin Long is a certified Pilates instructor who has built a "global mind-body wellness company that provides Pilates workouts, breathwork and nutrition to help women build strength, reduce stress and connect with their bodies." So, from this book you'll get exclusive Pilates workouts, mindfulness exercises and recipes.

The ten core components are:

1. reframe
2. move
3. nourish
4. listen
5. unplug
6. connect
7. rest
8. breathe
9. play
10. choose



Each chapter in the book is dedicated to a single component. Together they are absolutely critical to overall wellness.

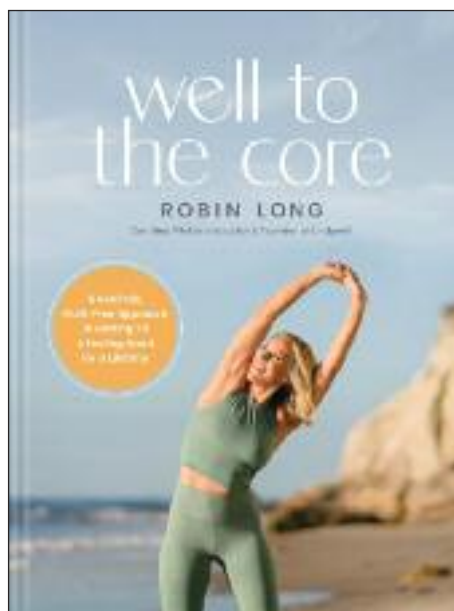
Chapter 4, for example is titled *listen*. The 15-page chapter begins by introducing the concept of listening to your body. Long says, "If this is the first time you've stopped to ask your body what it needs, this may feel foreign at first." The chapter then leads into taking a closer and realistic look at the season of your life you're in. What worked at one point may be different for now. She encourages readers to look less "out there" for solutions and learn to trust yourself again. She then breaks down the listening into 2 important practices: acknowledging and responding. She talks about

how Pilates is a form of exercise that is particularly instrumental in helping us have presence, focus and concentration. Each chapter concludes with a Put It into Practice highlighted box of practical tips, which no self-improvement or instructional tool should be without.

From cover to cover you'll find Robin takes you on a thorough exploration into what she's discovered about each of these ten components.

Once you've done that you should be in a good position to explore how God can and wants to be central to each of these components. If you found listening to your body was foreign at first – but hugely valuable in improving your wellness, then you shouldn't be surprised that listening to God may be equally foreign to you but certainly even more valuable in recovering from lies we've been taught and experiencing what's really at the core of wellness – God!

—Brad Bloom / faithandfitness.net



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Healthy Recipes for the Heart Health

Healthy and tasty recipes are key to sticking with a healthy nutrition plan. Here are some good ones!

Grandma's Chicken Noodle Soup



Very savory and tasty,! Use smoked chicken for even more flavor!

Ingredients

- 2 ½ cups wide egg noodles
- 1 teaspoon vegetable oil
- 12 cups chicken broth
- 1 ½ tablespoons salt
- 1 teaspoon poultry seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- ⅓ cup cornstarch
- ¼ cup water
- 3 cups diced, cooked chicken meat

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil until noodles are tender, about 8 minutes. Drain, rinse under cool running water, and drain again.

Bring broth, salt, and poultry seasoning to a boil in a Dutch oven. Stir in celery and onion; reduce the heat, cover, and simmer until vegetables have softened, about 15 minutes.

Mix cornstarch and water together in a small bowl until cornstarch is completely dissolved; gradually stir into soup. Stir in noodles and chicken, and cook until heated through, 2 to 3 minutes.

Nutrition Information (Servings: 12)

Per serving: 147 calories; fat 4g ; carbohydrates 11g; protein 16g; sodium 1664mg

Source: allrecipes.com

Turkey Goulash



This is a lighter version of the classic goulash. Serve with a salad for a quick and healthful meal.

Ingredients

- 1 pound lean ground turkey
- 1 (14 ounce) can stewed, diced tomatoes
- 3 cloves garlic, minced
- 1 cup tomato sauce
- 2 teaspoons white sugar
- ½ teaspoon dried basil
- 1 (16 ounce) package bow tie pasta

Directions

In a large skillet over medium heat, cook the turkey until browned.

Stir in the stewed tomatoes, garlic, tomato sauce, sugar and basil, and then simmer for about 20 minutes.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente, and then drain. Combine the pasta and turkey mixture; toss and serve.

Nutrition Information (Servings: 8)

Per serving: 311 calories; fat 6g ; carbohydrate 47g; protein 18g; sodium 325mg

Source: allrecipes.com

Easy Sweet Potato Casserole



This easy sweet potato casserole is simple and yummy..

Ingredients

- 6 large sweet potatoes, peeled and cut into chunks
- 1 cup white sugar
- ½ cup brown sugar
- 2 tablespoons ground cinnamon
- 1 tablespoon butter, softened
- 1 cup miniature marshmallows, or as needed

Directions

Place sweet potatoes in a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes; drain.

Preheat the oven to 375 degrees F (190 degrees C). Grease a deep casserole dish.

Mash potatoes with a potato masher in a bowl until no large lumps remain. Stir in both sugars, cinnamon, and butter until well combined, then transfer to the prepared casserole dish. Cover with a layer of miniature marshmallows.

Bake in the preheated oven until marshmallows are browned, about 30 minutes.

Nutrition Information (Servings: 10)

Per serving: 385 calories; fat 1g; carbs 91g; protein 4g; sodium 168mg

Source: allrecipes.com

New Health & Wellness Info at the Library

By Elizabeth Phelps

Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

Real food for pregnancy: the science and wisdom of optimal prenatal nutrition – by Lily Nichols; New Health Books 618.242 NIC

Prenatal nutrition can be confusing. A lot of the advice you have been given about what to eat (or what not to eat) is well-meaning, but frankly, outdated or not evidenced-based. In *Real Food for Pregnancy*, you will get clear answers on what to eat and why, with research to back up every recommendation. Author and specialist in prenatal nutrition, Lily Nichols, RDN, CDE, has taken a long and hard look at the science and discovered a wide gap between current prenatal nutrition recommendations and what foods are required for optimal health in pregnancy and for your baby's development. There has never been a more comprehensive and well-referenced resource on prenatal nutrition. With *Real Food for Pregnancy* as your guide, you can be confident that your food and lifestyle choices support a smooth, healthy pregnancy.

How not to age: the scientific approach to getting healthier as you get older – by Michael Greger, M.D.; Flatiron Books; New Health Books 613.0438 GRE

Physicians have long treated aging as a malady, but getting older does not have to mean getting sicker. There are eleven pathways for aging in our bodies' cells and we can disrupt each of them. Processes like autophagy, the upcycling of unusable junk, can be boosted with spermidine, a compound found in tempeh, mushrooms, and wheat germ. Senescent "zombie" cells that spew inflammation and are linked to many age-related diseases may be cleared in part with quercetin-rich foods like onions, apples, and kale. And we can combat effects of aging without breaking the bank. Why spend a small fortune on vitamin C and nicotinamide facial serums when you can make your own

for up to 2,000 times cheaper?

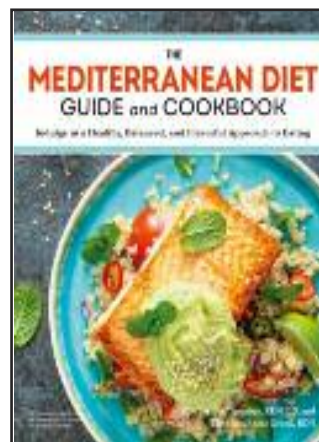
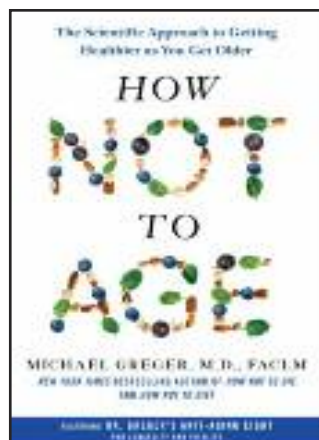
Inspired by the dietary and lifestyle patterns of centenarians and residents of "blue zone" regions where people live the longest, Dr. Greger presents simple, accessible, and evidence-based methods to preserve the body functions that keep you feeling youthful, both physically and mentally. Brimming with expertise and actionable take-aways, *How Not to Age* lays out practical strategies for achieving ultimate longevity.

The Mediterranean diet guide and cookbook – by Kimberly Tessmer; New York DK; New Health Books 613.26 TES

Based on the fundamentals of balancing foods high in omega-3 fats such as fresh fruits, vegetables, fish, olive oil, nuts, etc., the Mediterranean diet has a variety of health benefits. More than just a flavorful diet, this is a lifestyle developed over centuries in the warm climates along the Mediterranean Sea to help everyone appreciate life that much more.

The Mediterranean Diet Guide and Cookbook helps you understand, develop and implement this heart-healthy diet and lifestyle. In this nutritious guide, you'll get:

- Over 75 healthy recipes, each with a complete nutritional analysis; and a month's worth of delicious menu plans--one week for each season--to kick-start your diet.
- The history and science behind the Mediterranean diet and what makes it so exceptional.
- Essential information on the foods and beverages that make up the Mediterranean Diet Pyramid.
- An eye-opening look at how this diet can enhance heart health, help manage diabetes and assist in weight



loss.

- A better understanding of the healthy fats, carbs, protein, fiber, vitamins, minerals and antioxidants you acquire eating the Mediterranean way.

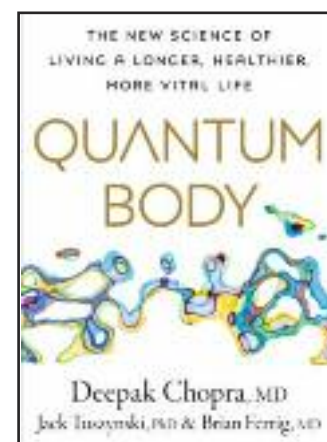
Quantum body: the new science of living a longer, healthier, more vital life – by Deepak Chopra; Harmony; New Health Books 613.0438 CHO

Joining forces with two leading scientists, New York Times bestselling author Deepak Chopra offers a quantum leap for improving our physical and mental health. Unlike our physical body, which is subject to aging, injury, and decay, the quantum body exists on a sub-atomic level and is the infinite, invisible source of everyday reality that affects your thoughts, feelings, sensations, and biological responses. Without your quantum body, there is no physical body. And this lack of awareness of the most crucial part of ourselves negatively impacts our lives every day.

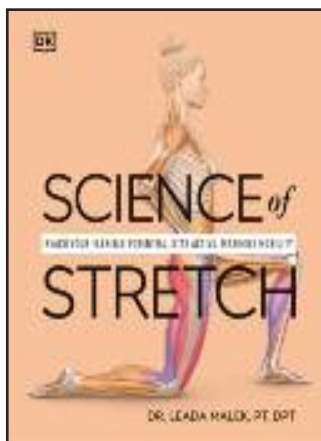
Through a powerful combination of prescriptive exercises and innovative research into the quantum world, the authors unveil seven breakthroughs that will revolutionize the future of everyone's well-being. Central to this revolution is a groundbreaking understanding of metabolism--the way our cells process energy--that promises to challenge our understanding of modern medicine as we know it.

Though all too familiar in the physical world, Alzheimer's, type 2 diabetes, cancer, and heart disease do not exist at the fundamental level of quantum reality. By harnessing the power of the quantum body, we can significantly improve our physical and mental well-being, including supporting healthy cell, tissue, and organ function, boosting immunity, promoting mental resilience, and expanding our understanding of what it means to live a happy and purposeful life.

Science of stretch: reach your flexible potential, avoid injury, maximize mobility – by Leada Malek; DK Publishing, an imprint of Penguin Random House; New Health Books 613.718 MAL



Pain and stiffness can create fear and uncertainty in our ability to move, affecting quality of life. Exercise has continuously proven to be beneficial against disease, yet people are becoming increasingly sedentary. The Science of Stretch is your guide to understanding the human body's resilient and adaptable nature and how stretching can play a role in achieving your highest well-being.

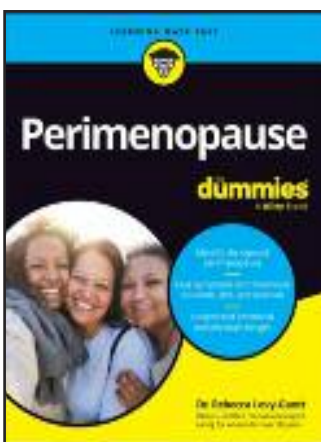


In this book you'll learn about: the latest research on stretching; human anatomy and physiology; the nervous system and pain science; how to reduce injury risk with exercise; managing a lifestyle catered towards healthy aging; what happens to the body when we stretch; different types of stretching and how to implement them to best compliment your daily life or sporting activities; and, finally, a series of suggested stretch routines are outlined, each with a progressive increase in challenge and tailored to different abilities and fitness objectives-alongside the tools to create your own bespoke workouts.

Every exercise is anatomized in detail to make movement easily understood using CGI artworks to show how each muscle is correctly activated and each joint aligned. Whether you're taking a walk around the park or running a marathon, Science of Stretch will help you stay flexible, keep active, and remove the uncertainty from stretching.

Perimenopause—by Dr. Rebecca Levy-Gantt; For Dummies; New Health Books 618.175 LEV

Women approaching menopause start experiencing natural shifts in their bodies as early as the 30s. This book is a practical and comprehensive guide to the emotional, mental, and physical changes that begin to happen as you approach menopause. Demystify the connection between hormones and aging and make informed choices about how to deal with symptoms like weight gain, hot flashes, depression, mood swings, and insomnia. You'll learn about natural remedies and medical interventions that can ease the transition between fer-

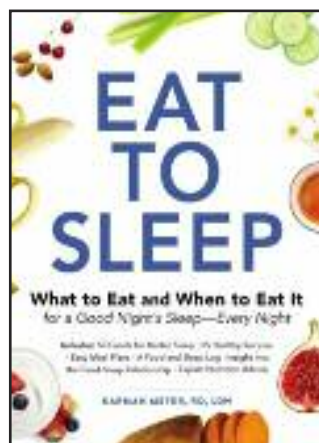


tility and menopause. Most importantly, you'll know what to expect, so the changes happening in your body won't take you by surprise. This Dummies guide is like a trusted friend who can guide you through your life's next chapter.

Learn what perimenopause is and identify the most common symptoms. Understand how perimenopause can affect your body, emotions, and libido. Ease symptoms with hormonal solutions, diet, and exercise. Discover ways of supporting yourself or your loved ones through perimenopause.

Eat to sleep: what to eat and when to eat it for a good night's sleep—every night – by Karman Meyer; Adams Media; New Health Books 616.8498 MEY

Utilize food as your all-natural solution to sleeplessness with this easy guide that teaches you just what to eat--and when to eat it--to fall asleep faster and wake up refreshed. We've all heard that it's the turkey that makes you so sleepy after every Thanksgiving dinner, and a cup of warm milk is just the thing to help you settle down for night, but it may surprise you to find just how much what you eat can affect how well you sleep at night.



Whether you experience occasional insomnia or suffer from chronic sleeplessness, Eat to Sleep explains which foods to eat and when to eat them in order to get the best night's rest possible. With information on how to easily incorporate "sleepy" foods into your diet, and how to prepare your food to increase its sleep-inducing effectiveness, Eat to Sleep shows you the way to getting optimal shut-eye—naturally.

DASH for weight loss: an easy-to-follow plan for losing weight, increasing energy, and lowering blood pressure – by Jennifer Koslo; Harmony Books; New Health Books 613.284 KOS

The original DASH diet plan (Dietary Approaches to Stop Hypertension) was developed to lower blood pressure without medication. Since then, numerous studies have shown that the DASH diet reduces the risk of many diseases, including some kinds of cancer, stroke, heart disease, heart failure, kidney stones, and diabetes. It has been proven to be an effective way to lose weight and become healthier at the same time.

Beginning with an easy-to-read, non-scientific explanation of DASH and its benefits, DASH for Weight Loss is a comprehensive plan that includes menus, recipes, exercise prescriptions, weight-loss tools, and all the need-to-know information for setting up a DASH kitchen and getting started right away. The book will teach followers how they can adapt DASH to gluten-free, vegan, vegetarian, and dairy-free eating styles, and will include resources like substitution lists, a grain cooking guide, and basic vegetable cooking charts.



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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats.

785-580-4400. www.tscpl.org

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Healthy Event Calendar for Greater Topeka

To list an event in this calendar, email it to info@TopekaHealthandWellness.com

CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

BREAD BASKET FARMERS MARKET – Saturday Feb. 10, 10:00am-3:00pm, now inside West Ridge Mall. The Market will return sporadically in Feb. and March, before returning to the parking lot again April 6 and every Sat. thereafter.

BLEEDING KANSAS – Sundays from Jan. 28-Mar. 3, 2pm, Constitution Hall Historic Site, 319 Elmore, LeCompton. A series of talks and dramatic interpretations on the violent territorial and civil war history of Kansas 1854-1865. Actors will portray Kansans from this turbulent era. Adm: \$5 adults.

TOPEKA HOME SHOW – Feb. 2-4. Stormont Vail Event Center

“GUS” GUSTAFSON SUPPER AND SILENT AUCTION – Feb. 3, 5-7pm, Grace Community Church, 310 E. Eighth St, Overbrook. International speaker who has turned tragedy into triumph shares a humorous, heartwarming message. Pancake and Sausage supper served at 5pm. Freewill donation benefits Community Christian School in Overbrook.

WOODSHED FLEA MARKET LADIES UNWIND – Feb. 3, 3-8pm, Woodshed, 1901 N. Kansas Ave. Massage therapy, reiki healers and more vendors. Plus cash bar will be open with specialty drinks mixed just for you! Free admission.

RIBBON CUTTING & OPEN HOUSE – Feb. 7, 9-11am, RE/MAX EK Real Estate, 2130 SW 37th St. Walk through the new office! Drinks and food on hand

HAM & BEANS/BAKED POTATO SOUP DINNER – Feb. 7, 5-6:30pm, Tecumseh United Methodist Church. Cornbread, coleslaw, & homemade desserts. \$8 donation. To go service available.

C5Alive “CHRISTMAS” LUNCHEON – Feb. 8, 11:30-1, at Harley Davidson Room, 21st & Topeka Blvd. Catering by

Black Bob BBQ. Cost: \$15 for C5 members & first-time guests who RSVP, \$17 at the door. • \$20 for non-members & repeat guests. • Please RSVP to info@C5Alive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you!

SAVE THE DATE: C5 Power Luncheon, Mar. 14, 11:30-1.

NIGHT TO SHINE 2024 – Feb. 9, 6-9 pm, Fairlawn Plaza mall. FREE event sponsored by the Tim Tebow Foundation for teens and adults ages 14 and older with special needs.

For more info or to volunteer, contact info@gcctopeka.org

FAMILY LIFE PRESENTS: 'WEEKEND TO REMEMBER'

- February 9-11, Overland Park Marriott. For everyone who is engaged or married! To register & pay: familylife.com/weekend-to-remember: Use the Group Name: LakeviewChurch. \$350/couple - (until 1/9/2024: \$300/couple), Discounted room rates: \$149/night. Friday: You came into marriage looking for a particular “happily ever after.” But then your love met reality. We'll help you find the dream again. Saturday: Let's chat about what threatens your closeness, how to pull closer through conflict, & tips for other areas of the married life. Sunday: For a marriage bigger than just “happily ever after.” 40+ Years of Experience! 96% say it “greatly improved” their relationship. 100% satisfaction guarantee. If you don't like it, we'll refund your registration." Contact info: (785) 266-3247, Facebook: Topeka Lakeview Nazarene Email: LakeNaz@aol.com

ANNUAL SOUPER BOWL PARTY – Feb. 11, 5pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. Join us for an evening of games, food, laughter, fellowship, and of course, the big game! Bring your favorite football food or dessert and everyone you know! (785)266-3247. Facebook: Topeka Lakeview Nazarene

VALENTINES SIP & SHOP – Feb. 10, 10-3, Woodshed, 1901 N. Kansas Ave. Over 40 local vendors. Full bar & specialty drinks, food trucks.

SUNNY DAYS VALENTINES MARKET – Feb. 10, 10-4, Stout Elementary School, 2303 SW College Ave. Loads of small businesses joining together to bring you an amazing experience along with a live performance by Colin Nichols.

SPEED DATING EVENT – Feb. 10, 7-12pm, Woodshed, 1901 N. Kansas Ave. Fantastic speeding dating event with food, refreshments, full bar open and soda drinks! Purchase \$5 Tickets at <https://www.eventbrite.com/.../the-woodshed-speed-dating...> 7-8pm: Meet people face to face without having to do it on an individual date format. This is a fun way to meet people even just as friends. 8 pm - 11:59 pm – Null & Void Band - \$5 more for band time. Option for time w/ a professional to help with your online profile.

COMMUNITY ASH WEDNESDAY SERVICE – Feb. 14, 7pm, Lakeview Church of the Nazarene, 2835 SE Croco Rd. (785)266-3247. Facebook: Topeka Lakeview Nazarene

DINOSAUR WORLD LIVE – Feb. 15, 6pm, TPAC. Dare to experience Dinosaur World Live in this roarsome interactive show for all the family!

CHILI AND VEGETABLE BEEF SOUP SUPPER – Feb. 16, 4:30-6:30pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave. Includes cornbread, crackers, relishes, dessert & drink. Chili dogs also available. Dine in or carry out. Fundraiser by New Spirit Sunday School class.

KANSAS LAWN & GARDEN SHOW – Feb. 16-18. Stormont Vail Event Center

WOODSHED INDOOR FLEA MARKET – Feb. 18, 10-3, Woodshed, 1901 N. Kansas Ave. Many vendors.

KANSAS RV & BOAT SHOW – Feb. 23-25. Stormont Vail Event Center

26th ANNUAL MID-WEST CHRISTIAN COLLEGE EXPO – Feb. 24, 10am – 12pm, Colonial Presbyterian Church,



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COMIC CONVENTION – Feb. 24-25, Great Overland Station. Special guests, cosplay, geek boutiques, video games, board games, comics, books, tv & film.

LAST SUNDAY FREE BREAKFAST BUFFET – Feb. 25, 8am – 12pm, Philip Billard Post 1650, 3110 SW Huntoon. Free pancakes & sausage, eggs, coffee, juice, and sometimes biscuits & gravy. Donations accepted and will go to helping vets in the Topeka area.

LEFEVRE QUARTET – Mar. 1, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker. Freewill offering. Doors open at 6pm. (785) 273-2248.

wwoodsnaz@wwnaz.org

CAPITAL CITY CARNAGE DEMOLITION DERBY – Mar. 1-2, Stormont Vail Events Ctr. stormontvailventscenr.com or 785-251-5552

SPRINGTIME POP-UP CRAFT SHOW – Mar. 2, 8:30-3, Philip Billard Airport. Check out many displays of home-made crafts and baked goods along with specialty products... something for everyone.

SAY IT LOUD! EXHIBITION OPENING – Mar. 2, 5:30-8:30, ArtsConnect Topeka, 909 N. Kansas Ave. An art exhibit that unapologetically magnifies the magnificence of Black People, Black Culture, Black Stories and Black Expression. A showcase of local black artists from the Topeka, Lawrence and Kansas City Metro area and is curated by artist Aisha Imani Sanaa.

9th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Mar. 30, 10am-3pm, at Great Overland Station and on North Kansas Avenue. Topeka's annual Easter Parade will begin at 10am at Garfield Park and proceed

south on Kansas Avenue to the tracks in NOTO. Egg Hunt begins right after the parade at the Great Overland Station. Food Trucks will be on hand and the Family Fun Fair, Vendor Market, and Cosmo's Health Fair will be 10-3, inside and outside Great Overland Station, including vendor booths, children's games, food, facepainting, inflatables, cake walk and more. Live music, gymnastics, ballet and other entertainment will be on hand. For info: Topeka Easter Parade on facebook, info@C5Alive.org or 640-6399.

ONGOING EVENTS:

HOPE AND HEALING ACADEMY harnesses the power

of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to www.hopeandhealingacademy.com

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost per person. Reservations/cancellations are required 24 hours in advance by calling 295-3980. Each

meal includes 1% milk and sugar-free items are included for diabetics. 785-215- 0064.

THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.flocritkans.org Sun. 4-5 pm Yoga; Mon. 12-12:45pm Cardio Remix; Mon. 5:30-6:15pm STRONG™; Tue. 12:15-1:15pm Restorative Yoga; Tue. 5:30-6:15pm Zumba®; Wed. 5:30-6:15pm Cardio Sculpt; Thu. 12:15-1:00pm Pilates + CIRCL Mobility™; Thu. 5:30-6:15pm Zumba®; Fri. 12-12:45pm POUND

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room)



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C5Alive POWER Luncheons are held 2nd Thur. each mo.

Feb. 8, 11:30-1: "POWER" Luncheon
at the Harley Room, 21st & Topeka Blvd.

Featured Speaker: Cecil
Washington!



Open to the public. RSVP to info@C5Alive.org

Save the Dates!

- Mar. 14: POWER Luncheon, 11:30-1
- Mar. 30: **EASTERFEST** at Great Overland Station!
- Apr. 11: POWER Luncheon, 11:30-1

For info: www.C5Alive.org or [Facebook.com/C5Alive](https://www.facebook.com/C5Alive)



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SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-0601 or office@rhctoepka.org

SENIOR STRETCHING EXERCISES - Mon. – Wed. – Fri., 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS - Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. Reg: cornerstonetoepka.com. 478-2929

TOPEKA NEEDLEWORK GUILD - Every Mon. (except holidays) 9a-11a in the Menninger Room of the Topeka Public Library. Bring a project to work on as we share our needleworking skills and ideas. All are welcome to drop in.

TOPEKA LIONS CLUB – 1st Mondays at Noon - 1 pm at The Capper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to RSVP.

OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP – Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

TAI CHI FOR HEALTH – Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To Join from Home via Zoom, contact Madon for the Zoom link.

PICKLEBALL – Mon. & Wed, 1–3pm, First Baptist

Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is. Contact Dave, davemathias@sbcglobal.net, or Betsy Thompson, betsyjthompson@gmail.com.

SHEPHERD'S CENTER BOOK CLUB - 1st & 3rd Mon. 2-4pm at Westminster Presbyterian Church, 1275 SW Boswell Ave. Contact Pat at pattyk696@yahoo.com.

SMS - STRENGTH, MOBILITY, STABILITY EXERCISE GROUP (SMS) Mon. 9-9:30am, Arbor Court, 4200 SW Drury Lane. Tue. & Thu, 9-9:30am, Rosehill Place, 3600 SW Gage Blvd # 97. Tue & Thu, 10-10:45, Grace UMC, 2627 SW Western Ave. Call Anne Crawford at 785-273-4527 or email anne.crawford@cox.net.

OSTOMY SUPPORT GROUP – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support. Call 295-5555

TOPEKA PUBLIC LIBRARY PLAY BUS – Every Tuesday, 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Enjoy story time, play opportunities, books for check-out & take & make art. 785-266-3247.

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW

West Dr. Bill Gates and Warren Buffett play duplicate bridge! It is great for brain health. Email janescola@hotmail.com.

LIBRARY'S LEARN & PLAY BUS - Every Tuesday 1-3pm, Auburn Community Center.

HEALING AFTER LOSS TO SUICIDE (HeALS) Topeka support group meets the 1st Tuesday of each month via Zoom. The 3rd Tuesday meeting is in-person at 1st Congregational Church, 17th and Collins. Both meetings are 6:30-8. Topeka.heals@gmail.com. 785-380-9309

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. This group will root its encouragement in God's word and prayer as well as conversation and sharing. Open to all those who care for others with illnesses such as Alzheimers, dementia, cancer or other debilitating illnesses or injuries. For dates & info, go to "Weekly Class List" at highlandheightscc.com or 785-379-5642.

BLEEDING KANSAS

PROGRAM SERIES 2024

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- JANUARY 28** "Kansas Day" with David Tolson, Kansas Lieutenant Governor and Kansas Secretary of Commerce, Patrick Zolner, Executive Director, Kansas Historical Society, Bridgette Jakes, Director, Kansas Tourism, Aiden Neishandak, student, Bishop Seabury Academy
- FEBRUARY 4** "Sitting on the Fence: Living in Bleeding Kansas Between the Factions" by Kenneth D. Grant, retired airline pilot/author, Corbin Simler, historian, Ft. Leavenworth and author. Book signing.
- FEBRUARY 11** "John Brown, Man of Action" by Grady Arwiler, Administrator, John Brown Museum State Historic Site, Overbrook
- FEBRUARY 18** "A Monopoly on Misfortune: An Immigrant Regiment in the Crucible of Civil War" by Dr. Brian Matthew Jordan, Associate Professor of History and Chair of the Department of History, San Houston State University. Book signing.
- FEBRUARY 25** "Abolitionist of the Most Dangerous Kind: James Montgomery and His War on Slavery" Todd Nitch, author and retired Kansas public school educator and David D. Schuler, author and retired Park Ranger, National Park Service. Book signing.
- MARCH 3** The Lecompton Reenactors present "Bleeding Kansas" voices from Kansas Territorial characters: Clarina Nichols, John Brown, Jim Lane, Charles & Sara Robinson, David Atchison, Samuel Jones, Mahala Doyle.



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How do I get the Screener scheduled?

Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith, e-mail: slsmithks@att.net or call (785) 633-8321

FIBROMYALGIA & CHRONIC FATIGUE SYNDROME

SUPPORT GROUP – 2nd Tue., 7-9pm. First Congregational Church, 17th and Collins. For info: Randy at 785-969-4038 or TopekaCFS@outlook.com.

EMOTIONS ANONYMOUS: 12-step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets every Tues. at Grace Episcopal Cathedral, Noon-1pm. N/C. 785-633-7764

LADIES' EXERCISE – Tue 7-8 pm & Fri. 8-9 am, First Baptist, 129 W 15th St., Lyndon. free active support: fat burning, strength, fitness. 207-0380

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

FREE MOBILE FOOD DISTRIBUTION – 4th Tue. through Nov., 9am, 1231 NW Eugene St. No ID or proof of income required, first come first served. 785-234-1111 www.RandelMinistries.com

MAP GROUP (MEMOIRS, ANCESTRY, PHOTOS) - VIA ZOOM - 4th Wed. 10-11:30am. Contact Rich McReynolds at rlm4017@gmail.com. A Zoom link will be sent to you.

GAMBLERS ANONYMOUS – Every Wed, 7pm, St. Francis Hospital, meeting room #8.

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. (1 mile north of Dillon's North). FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donations accepted. For info: 785-224-8803 or vip@topekanorthoutreach.org

LINE DANCING - 2nd & 4th Thu. 1:30-3:30 at First Baptist Church, 3033 SW MacVicar Ave. Contact Karen Botkin at 785-945-6785 or Jim Baer at 785-256-2432 or jim-baer73@gmail.com to register.

TOPEKA COSMOPOLITAN CLUB: The Club that fights Diabetes -- Meetings: first three Thursdays of every month, 12 noon, at the Topeka Country Club.

BRIDGE GROUP - 1st & 3rd Thu. 1- 3:30pm, at Our Savior Lutheran Church, 2021 SW 29th Make arrangements by Mon. 5pm with Joan Arterburn at 408-5174.

OPERATION BACKPACK – 1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

PROSTATE CANCER SUPPORT GROUP - First Thursday, 3pm, St Francis Hospital, Room 300 on 2nd floor. For info: Jim 785 806 3266

TOPEKA AREA BRAIN INJURY SUPPORT GROUP – Third Thur. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave. , employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye: 207-2606 or Randy: 232-8553

TOPEKA TWILIGHT LIONS BRANCH CLUB – 3rd Thur. at 7pm at Lakeview Church of the Nazarene, 2835 SE Croco. Social gathering, guests welcome. Topekalions.org

STROKE SUPPORT GROUP – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. (785)232-8553 with questions.

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

NOTO MARKET & ART WALK ON FIRST FRIDAYS – NOTO arts district. Arts, antiques, crafts, flea market.

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus' Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. crtopekaks.org.

TOPEKA NAR-ANON FAMILY GROUP – For families & friends who are affected by someone else's narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

HARVESTER'S PROGRAM FOR SENIOR CITIZENS – second Sat., at Christian Lord Ministries, 2421 SE California. 266-4979.

SEX TRAFFICKING INFORMATION – 785-230-8237

ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.

ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067 for the meeting link and other info.

HHHS Volunteer Program - Volunteers help keep animal's environments clean and enriching, socialize with and read to cats, walk dogs, and more. Apply at hhhstopek.org.

AL-ANON is a support group for families and friends of alcoholics. For information on meetings in the Topeka area, call 785-215-1045 or email ais-topeka@kansas-al-anon.org. All correspondence is confidential

CAREGIVER SUPPORT GROUPS - Jayhawk Area Agency on Aging provides opportunities for caregivers to get together & share ideas & feelings. 235-1367. 2910 SW Topeka Blvd.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com



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9TH ANNUAL TOPEKA

EASTERFEST

EASTER PARADE + FAMILY FUN FAIR!



It all takes place at Great Overland Station and on N. Kansas Avenue!

Fun Fair open 10 am - 3 pm at Great Overland Station, with Live Music 10:45 am - 3 pm!
Parade starts at 10 am at Garfield Park and goes to the tracks in NOTO. Big Egg Hunt follows parade at 11am at Great Overland Station! 5K Run/Walk starts 9am at Garfield Park. Food Trucks open 9 am - 3pm at Great Overland Station. Vendor Market and Health Fair open 10 am - 3 pm at Great Overland Station, with craft stations, face painting, Easter Bunny photos, Petting Zoo, Inflatables, Carnival Games, Cup Cake Walks, Health exams, products & demonstrations: Dance, Gymnastics, Ballet, Vision Screening and more!

Volunteers needed! Contact: info@C5Alive.org or 785-640-6399 | **For booth, sponsor & parade entry information:** info@C5Alive.org or 785-640-6399

Funds raised will be shared with a local non-profit serving local families









SATURDAY, Mar. 30, 2024 • 10 AM - 3 PM

TopekaEasterParade.com • "Like" us on Facebook: Topeka Easter Parade & Family Fun Fair